LIFE SPAN 2000

Trainer's Manual

Version 2 (1/6/93)

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Code Key

DAY OF WEEK

Morning/Afternoon/Evening

ACTIVITY

TAPE # AND NAME

Function Names

Function Commands

Program Times

LS2000: GENERAL TRAINER GUIDELINES

Note: Testing each function before listening to the tape tends to make the results more dramatic - there is a clearer effect testing prior to a tape than when a person is tested after listening to the tape (but instructed to first do the function test, then to do it employing the breath command).

Note: During each pre-tape setup, right before they go up to their CHEC unit, clearly announce each function, give the function command and description of function purpose. Suggest that they develop their own non-verbal symbol (NVS) for each function e.g. knot untying or ocean waves for *Relax*. Accent that NVS does not have to be visual. As each function is presented, suggest that they draw small picture of these NVS's, and write its breath command next to it.

Note: Throughout week emphasize that while many of the tests are fun and like parlor games, the purpose is to give them confirmation of their personal power, and that these powers when mixed with wisdom and love can be personally and societally transforming.

Note: Consider introducing tuning breath-work, if participants don't start it on their own by Sunday afternoon.

Note: Avoid too many references to Gateway, Focus levels etc. It can make newcomers confused and uncomfortable.

Note: Workshop is intense. Be aware of each individual's personal process. Report to Darlene Miller any over-stressed participant after consulting fellow trainers, and after talking to the person to see if you can be helpful. Record in log book any person's crisis if you feel it was workshop generated, so future leader's can be better prepared or the work shop modified, if necessary.

Note: Check to confirm that RAM is coming, before announcing his attendance at night or Friday breakfast.

Note: Be aware of group sexual energy and discuss it with the group, if you sense it is an issue.

Note: Clarify what tape prices and discounts are going to be offered and for what amount of time, e.g. H+ tapes to participants at wholesale price for 90 days.

Note: Have a good time. The best way to teach joy is to be joyful! In this workshop particularly, caring humor seems most appreciated.

LIFE SPAN 2000

SATURDAY

Saturday Afternoon:

Registrar's Duties:

Room assignment.
Greet participants.
Orient to CHEC's and building.
Hand out packets.

Trainer Duties:

Check and Prepare Materials:

Are handout packets complete?
Are program tapes complete?
Prepare program videos and films.
Setup computer games.
Setup flip charts in conference room and DFH.
Check control room gear and clean tape decks.
Put participant names next to their ready lights.

Interview Participants:

Welcome them, present as a chance for them to get to know you, ask any questions etc. Then ask them their experience with Hemi-Sync™ and TMI programs. Ask if there is any personal issues (e.g. a life decision pending) that might come up for them this week that they would like the trainer's to be aware of. Ask what their wishes are for the week. Let them know this afternoon's schedule (free to rest, take walks, meet at 6:30 for dinner, then 7:30 DFH. **Ask them to draw their Security Repository box before dinner and explain if they do not know what it is (crayons and paper set up in dinning room.**

Review Participant Files:

Check for diet and health concerns, note possible areas of difficulty (e.g. shy in groups, trouble with anger, depression etc.), note what they are wanting from the week.

Needed Materials:

For leaders: Two stop watches, two calculators. Two flat boxes with 20 items each. Bathroom scale. Several Paddle balls. Poker chips, cards and dice. Fluorescent ring bulbs.

For Participants: Pencils, crayons and paper for each participant. Tape catalogue packets. Inner Universe Handout. Sleep Help Workbooks?

Saturday

6:30 PM: DINNER.
As the first people are finishing, get participant attention and request they self-bus their tables, trash sorted for re-cycling. Repeat that we will meet in DFH at 7:30 PM, point to where DFH is.

7:20 PM: Ring Bell.

7:30 PM: DFH:
Have music playing as they walk in.
Trainer's welcome and present short overview of program. Let them know at one level this is all about intelligent loving of self and others. Include week outline (emphasize that group energy and intensity of focus will offer them a week of exciting and profound learning of self-mastery. And their learning will be continually applied and refined during the week):

Saturday - Basics.

Sunday - Mental Enhancement, Physical Enhancement, and Emotional Healing.

Monday - Addictions Release, Sensory Enhancement, Physical Healing.

Tuesday - Inner Development, Sleep Enhancement and Sleep Utilization, Last of 50 H+ Functions.

Wednesday - Inner Guidance Enhancement and Utilization, Energy Enhancement and Utilization.

Thursday - All Free Flow Self-Directed Exploration and Utilization.

Then present daily schedule and optional activities (encourage use of massage, and exercise classes to help move energy and re-balance the physical body during the week).

Then do group introductions (Suggestion: Name Game works well - each person gives first name, preceded by word starting with first sound of their name that describes a way they would like to be this week (e.g. Generous Joe or Jovial Joe). The next person repeats that person's name and descriptor and then gives their own. This goes around the entire group, always repeating all of the names preceding yours. Leaders go at end. This is presented as first task showing expanded abilities to the group. *Time Est for Name Game = 30 minutes.*

Trainers then introduce themselves giving short bio. Last trainer fills in time and then introduces RAM.

Saturday

8:15 PM: RAM TALK: covers intro to LS2000 as new pre-cradle to post-grave effort to maximize human potential by fully utilizing the mind/body connection and the vast power of consciousness. Explain LS2000 is outgrowth of H+ which over 100,000 have used successfully. Over 50 function will be learned in compressed style, then the later part of week is pure exploration and play in a free flow style at the actual point of communication access between mind, body and spirit. Throughout the week, participants will learn how to use the tremendous energy that is accessible at this communication point and individualize the function command idea to quickly accomplish their own goals in "real time/real life". Emphasize that an important aspect will be integrating the massive learning that will occur into one's own life at home over the next weeks and months.

8:30 PM: VIDEO: RAM then introduces H+ Video (37 minutes)

9:10 PM: SKIP TALK: Skip Atwater presents overview of lab work on Hemi-Sync.

9:30 PM: BREAK. Request that they bring their Security Repository box drawing to the conference room.

10:15 PM: TRAINER'S PREP FOR SLEEP:
Meet in Conference Room and Discuss:
Fire alarm.
Where trainer's sleep.
Control Panel - headphone use, over-head speakers etc.
Remind them of morning routine.
Present first tape and explain sleep processor, SP -1.
Present Morning tape (which will come on over-head speakers). Morning tape Introduces **Make Your Day**, *Plus This Day*.
No debrief after tonight's tape.

10:30 PM: TAPE #101 SAT NIGHT SLEEP (introduces Hemi Sync)
Play #101 on headphones, then SP-1 on speakers. Cross fade to Sleep Processor (SP-1) after #101 reaches count of 20.

Note: Each Night before retiring: Turn off most lights, all coffee warmers and fish tank. See that participants are settled in and comfortable.

SUNDAY

Sunday Morning:

6:30 AM: WAKE UP:
SP-1 cross faded to **new Make Your Day Tape.**

7:30 AM: PHYSICAL EXERCISE.

8:00 AM: BREAKFAST.

9:00 AM: MORNING SESSION:
In Conference Room, Debrief night.

Set up for #102 Basics Tape by talking about Access Channel. Then talk about Function commands. (Suggest that they make non-verbal symbols in their journals for each function command they will learn during the workshop - give examples of this showing that the symbol need not be visual only).

Present Functions and Commands to be learned during this tape.

Give them Bathroom routine, ready lights, return quickly for debrief with their journals. Debrief in large group.

9:30 AM: #102 BASICS TAPE: [**Relax** *Plus Relax*, **Access Channel**, *Plus Access*, **Awake**, *Plus Awake*, **Release**, *Plus Release*.].

10:15 AM: DEBRIEF:
Use *Plus Relax, Plus Access and Plus Release*. See if they can experience the differing sensations of this.

Set Up for # 103 Mental Focus tape: Place shallow box in middle of room with 20 common objects (paper clip, comb, AA battery etc.). Pre-tape, have participants look over objects for 30 seconds with instruction to memorize. Remove box. Have group sing "Row Row Your Boat" for 30 seconds. Have people list all objects that they remember in 1 minute. Let them then check for number correct.

Let them know that this tape will be for primarily Mental Focus enhancement and many of the tapes will also include a physical function designed to be permanently active - here that function is Circulation.

Present Functions and Commands to be learned during this tape. Send them on short break. Large group debrief.

11:00 AM: #103 MENTAL FOCUS TAPE: [**Focus** (formerly Attention) *Plus Focus*, **Imprint** *Plus Imprint*, **Recall** *Plus Recall*, **Speak Up** *Plus Speak Up*, **Circulation**, *Plus Circulate Better*].

Sunday

11:45 AM: DEBRIEF:
Practice using breath commands by presenting a new box of 20 items. As they look at the items, have them use *Plus Relax, Plus Focus, Plus Imprint*. Again have them sing for 30 seconds. Then have them use *Plus Relax. Plus Focus, Plus Recall* as they list items. Use *Plus Speak Up* to compare scores pre-post and discuss process. Continue discussion with examples of uses of other commands.

Let them know about lunch and afternoon break routine. Present option of afternoon nap (1:30 PM), encourage them to listen to the nap tape at least the first day, as Recharge function is presented *Plus Recharge*.
Suggestion: Offer to show those persons interested, the Psychic Defender game at 2:15 PM in DFH.
Let them know to reconvene in conference Room at 4:30 PM.

12:30 PM: LUNCH.

1:30 PM: H-Plus Recharge Tape.

4:30 PM: AFTERNOON SESSION:
Debrief break.
Set up Physical Basics tape by having participants each press bathroom scale and record results in their journals. Optional - Also have them use paddle balls and record number of hits before a miss - best out of three tries.
Present functions and commands to be learned during this tape.
Send to CHEC units. Large group debrief.

4:45 PM: #104 PHYSICAL BASICS TAPE: [**Strong Quick** *Plus Strong Quick*, **Light Foot** *Plus Lighter*, **Automate** (formerly See Bee) *Plus Automate*, **Synchronize** *Plus Synchronize*, **Digestive System Repairs and Maintenance** *Plus Digest Better*].

5:30 PM: DEBRIEF:
After tape repeat Bathroom Scale using *Plus Strong Quick*, compare pre-post and discuss uses.
Repeat Paddleball using *Plus Relax, Plus Focus, Plus Automate, Plus Synchronize,* compare and discuss.
If there is time and good weather, have them try *Plus Lighter* by jogging around outside circle and sprinting a short distant - first without command, then with command. If weather bad, suggest this at their convenience and try doing 15 jumping jacks inside, with and without command. Compare and discuss.

6:30 PM: DINNER.

Sunday

7:30 PM: EVENING SESSION:
DFH: Seek feedback on how the process is going so far. List functions learned to this point and ask their function commands and possible uses. Retest anything that seems weak or unclear.

Set Up Personal Centering tape. Talk about that, as energy gets higher and finer, then more subtle emotional baggage becomes more of an impasse to further development. Introduce the functions on this tape as useful for breaking free of these types of restraints, allowing for rapid and deep emotional healing. Let participants know that we will do exercises after the tape to practice the functions.

Set up breaking into three small groups for debrief.

8:15 PM #105 PERSONAL CENTERING TAPE: [**Off Load** *Plus Off Load*, **Let Go** *Plus Let Go*, **Great** (formerly Eight Great) *Plus Great*, **Reset** *Plus Reset*, **Brain Repair and Maintenance** *Plus Brain Better*].

9:00 PM: DEBRIEF:
In small groups, ask participants to close eyes, experience their current energy state, how body feels, emotional tone etc. Use *Plus Reset* - experience the differences. Then use *Plus Great*, experience the difference.

Next have participants write down three emotional states they would like to let go of - fears, angers, resentments, hurts etc. Assure them that this will remain private. Have them look at their first item, close eyes, experience the emotion, then use *Plus Let Go*. Experience all the limiting beliefs or thought patterns associated with the emotion, then use *Plus Off Load*. Repeat for next two items and at end use *Plus Reset* and *Plus Great* again. Then close eyes and experience current energy state and contrast this how they felt before the exercise.

Debrief this exercise with care and compassion.

Talk about uses of these functions and for Brain Repair.
Remind participants of evening routine (tape and SP-1).

10:15 PM: Tape #122 SLEEP TAPE:
Cross fade to SP-1 after #122 reaches 20.

End - Sunday.

MONDAY

Monday Morning:

6:30 AM: WAKE UP:
SP-1 cross faded to **Tape # 120 Make Your Day.**

7:30 AM: PHYSICAL EXERCISE.

8:00 AM: BREAKFAST.

9:00 AM: MORNING SESSION:
In Conference Room, Debrief night.

Announce lab tour this afternoon.

Optional - Reinforce #102: If done, then suggest variations of aforementioned tests of problematic functions to reassess effectiveness. Note: if #102 is repeated, then times for rest of morning are delayed.

Setup #106 Freedom tape. Suggestion - cover some of these topics:

*Nature of human needs (Maslow's Hierarchy).
*If we stop giving habit energy, it will fade.
*Avoid a battle of wills within self over addictions, by using increased self-awareness in the present moment to soften addictions to preferences.
*Put change desired in positive language and terms.
*Discuss that addictions reflect an area of perceived lack within ourselves and by facing addictions, we can learn much about what we feel is lacking in our lives and finally come to realize that we are complete.
*Explain that addictions bind or stop the flow of energy in one's personal system - preferences allow the energy to flow. "The cause of all suffering is grasping"
*How to also use *Plus Let Go* and *Plus Off Load* to help gain personal freedom.

Allow general discussion.

Set up for 3 small group debrief with different leader and participants than they were with yesterday.

9:30 AM: #106 FREEDOM TAPE: [**DeHab** *Plus No More*, **Appetite Control**(formerly Eat No Eat) *Plus Satisfied*, **Nutricia** *Plus Absorb More (Less)*, **Sex Drive** *Plus Sex Greater (Lesser)*, **Make Your Day** *Plus This Day...*, **Respiratory Repair and Maintenance** *Plus Breathe Better*)

Monday

10:15 AM: DEBRIEF:

In small groups start with general discussion of experiences with the tape.

Have them write down 3 undesirable habits. Again assure privacy. Trainer selects between two options:

Option One - Guide them into calmly viewing first item on their list, no judgment, full of self acceptance, use *Plus Let Go* and *Plus Off Load* if necessary to be calm and non-judgmental to self. Then have them see the origins of this habit, the positive things it does for them, and the negatives. Vividly experience how it would be like to be free of the habit; how good that would feel, and how they can get the benefits of the habit in more constructive ways. Then use *Plus No More* to break the pattern or habit. Use *Plus Great* to send energy to new pattern they wish to establish.

Repeat for next two items on list.

Option Two - Have them each create a scene which incorporates all three habits. Guide them into using commands slowly, one at a time and experience how their scene changes as they go along. Use *Plus Relax, Plus Let Go, Plus Off Load, Plus No More, and Plus Great* during the exercise.

Discuss how this exercise felt. Suggest, if they feel further work is needed on some habit, that they do a cost-benefits analysis at some future date. Mention that the process of off-loading habits and addictions is a powerful one and that they may want to consider continuing the process during break, throughout the week, and beyond. Here's a tool that can help make their use of the function commands more effective, because it can help them identify their motivations around habits and addictions.

1) Identify any habit or addiction that you say you no longer want in your life, yet it persists.

2) Write it down.

3) Under that put two columns, one labeled "Costs", the other, "Benefits".

4) Put down as many things as you can think of under each heading. Note: Be honest about the benefits - the habit wouldn't be there in the first place if there were no real or perceived significant benefits (e.g. Smoking relaxes me). Benefits may have once existed, yet no longer apply (e.g. smoking made me feel grown up). Write them down too. Note: Make the costs something positive - something you are giving up or missing out on by allowing the habit to persist (e.g. smoking causes me to miss clean, healthy lungs).

If you are through and honest in creating your lists, it will empower you to make a choice. The choice may well be to not give up the habit. That is fine, and from now on you can let go

Monday

of guilt and self-judgment you've associated with the habit, If you choose to keep the habit, see if you can reduce or modify the costs (e.g. by being more moderate in your smoking, by adding exercise, water drinking, vitamins, antioxidants, and breathing exercises.)

Many will look at their lists and say "Wow!" This really isn't worth the cost to me. Then you can use your function commands to act on your choice to let go of your behavior pattern with the help of your Total Self.

Let them break until lunch. Lab tour today at 2:00 PM.

12:30 PM: LUNCH.

1:30 PM: NAP TAPE.

NOTES:

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4:30 PM: AFTERNOON SESSION:
Debrief break.
Set up Sensory Control Tape by discussing how individualized and data-independent sensory processing is.
Explain that the quality and content of one's attention is dependent on brain's judgments of relevance. This usually occurs unconsciously, e.g. how sensitivity decreases, when making love, to non-sexual stimuli such as the radio playing. Another example, if you think a pain is not important, "just a cut it will heal", versus if you think the same amount of tissue damage may indicate cancer, perceived pain level can be vastly different. We are now going to learn how to place our sensory attention under conscious control, whenever we wish.

Present Functions and Commands. Again remind then to use Non Verbal Symbols for the commands. Suggest that these particular commands can perhaps also be useful with the non-physical senses, e.g. *Plus See More* for Clairvoyance. It is a question of directing their will.

Guide them in a fantasy designed to awaken sensory awareness, e.g. - Close eyes, imagine going to refrigerator, feel the cold, take out a lemon, close refrigerator. See the lemon, feel its texture, notice its color, put it down, cut into it, take a slice, smell it and bite into it, experience the flood of taste.

Let them know we will debrief in large group.

5:00 PM: #107 SENSORY CONTROL TAPE: [**Sensory Control Seeing** *Plus See More,* **Sensory Control Hearing** *Plus Hear More (Less),* **Sensory Control Smell** *Plus Smell More (Less),* **Sensory Control Taste** *Plus Taste More (Less),* **Sensory Control Touch** *Plus Touch More (Less)*].

5:45 PM: DEBRIEF:
Have them sit in circle. Pass out lemon slices. Have them slowly look, touch, smell, taste. Then slowly use *Plus See More, Plus Touch More, Plus Smell More Plus Taste More* and experience the difference. Then slowly use *Plus See Less, Plus Touch Less, Plus Smell Less, Plus Taste Less* and experience the difference.

Discuss including possible uses.

Give out tape brochures and announce that tape sales will occur Wednesday in the afternoon. Offer to help them individually over the next two days if they have questions about specific tapes.

6:30 PM: DINNER.

Monday

7:30 PM: EVENING SESSION:
Conference Room:
Quickly set up Physical Care Tape by presenting and explaining Functions and Commands.

7:45 PM: #108 PHYSICAL CARE TAPE: [**Pain Relief** *Plus Go Numb*, **Emergency Injury** *Plus Heal*, **Emergency Detoxify** *Plus Detoxify*, **Balance Heal** (formerly Tune Up) *Plus Balance Heal*, **Healing Sleep** *Plus Heal Sleep*).

8:30 PM: DEBRIEF:
Have them pair up, apply pressure to shoulder until person feels pain and says "hold". Hold pressure even, have person use *Plus Go Numb*. Then *Plus Release,* then say "stop" and partner releases all pressure. Switch roles.

Re-form as group and discuss experience and uses of commands.

Introduce night's activity, "poker and craps night", as a reflection of life ("Got to know when to hold em, know when to fold em, know when to walk and know when to run"), a chance to experiment with new styles of interacting, taking risks, and playing. Set up one table of experienced poker, one table for neophytes, and one table of craps (simplified rules). Players get extra chip each time they are the first at the table to call out and use a function command.

See Appendix for poker and craps rules.

Start gaming night.

10:30 to 11:00 PM: #122 SLEEP TAPE:
Cross fade to SP-1 after #122 reaches 20.

NOTES:

End - Monday.

TUESDAY

Tuesday Morning:

6:30 AM: WAKE UP:
SP-1 cross faded to **Tape # 120 Make Your Day.**

7:30 AM: PHYSICAL EXERCISE.

8:00 AM: BREAKFAST.

9:00 AM: MORNING SESSION:
In Conference Room, Debrief night:

Optional: Reinforce #103. Tailor tests after tape to trouble areas by variations of original #103 exercises.

Set up Inner Development tape:
Suggestion: Think Fast - Pre-test, have each person list all words beginning with "B" they can think of in one minute. Record result. Then talk about commands being an elegant way to quickly link up with inner guidance during the day, for enhanced thinking, creativity, and programming of outcomes.

Present Functions.
Set up for small group debrief.

9:30 AM: #110 INNER DEVELOPMENT TAPE: [**Empathize** *Plus Emphasize*, **Options** *Plus Options*, **Contemplation** *Plus Open (Close)*, Life **Change** (formerly Mobius West) *Plus Change*, **Calculate** (formerly Buy The Numbers) *Plus Calculate*, **Think Fast** *Plus Think*].

10:15 AM: DEBRIEF:
In small groups - Each person, using *Plus Think*, list all words beginning with "C" they can think of in one minute compare results.

Have them each think of a person they relate to often but have difficulty with. Use *Plus Empathize* to deepen understanding of the person, then use *Plus Options* to generate ideas about what they can do to improve the relationship, then use *Plus Change* to solidify desired changes. Record their experience and options generated. Have them pair off to discuss this experience, using *Plus Empathize* and *Plus Speak Up*. Reform group.

Have them use *Plus Relax, Plus Think, Plus Open, Plus Speak Up*. Read them one question at a time from the Inner Universe Reading Handout, go in circular order around group with them giving quick first-impression response to the questions. When finished, give them Inner Universe handout, give them time to record their answers on handout, then discuss process.

Tuesday

12:30 PM: LUNCH.

1:30 PM: NAP TAPE.

4:30 PM: AFTERNOON SESSION:
Debrief afternoon break.

Set up for Miscellaneous tape by having participants draw a body map, recording by different colors, strong areas, and weak, painful or injured areas. Provide colors and paper.

Present functions to be learned by reading descriptions and giving example of use.

Setup for debrief in 3 small groups.

5:00 PM: #111 MISCELLANEOUS TAPE: [**Pain Control** (formerly DeDiscomfort) *Plus Pain Lesser*, **Regenerate** *Plus Regenerate*, **Heart Repair and Maintenance** *Plus Heart Better*, **Insulate** (formerly Zoning) *Plus Insulate*, **Detoxify** (formerly Detox Body) *Plus Detoxify*, **Stay Awake** *Plus Awake*, **Immunize** *Plus Immunize*].

5:45 PM: DEBRIEF:
Lead following guided meditation slowly: Looking at their body maps, have them use *Plus Focus* to focus on the map and *Plus Open* to open perception of body wide and deep. Then use *Plus Go Numb* and *Plus Pain Lesser* on painful areas first. Suggest that they can use *Plus Let Go* to wash away the effects of body trauma associated with injuries old and new. Then use *Plus Brain Better* for Brain, *Plus Flow Better* for general health and any areas particularly requiring help, *Plus Detoxify* for cleansing, *Plus Heart Better, Plus Breathe Better*, then use *Plus Balance Heal* and *Plus Regenerate* on any part that specifically needs rebuilding, *Plus Immunize* for a general strengthening, and *Plus Synchronize* to fine tune mind/body, Finally use *Plus Change* to solidify new patterns within body and come back to C1. Leave them quiet a few moments then discuss.

6:30 PM: DINNER.

Tuesday

7:30 PM: EVENING SESSION:

DF Hall: Suggestion of talk:

Imagine sitting in your home, the year is 2010, no TV's. NED, your (News Exchange Device) is blinking, signalling two first-priority messages. You put your hand on the device to receive the news. The first news flash is that scientists have found a way to extend your conscious life by 30% - what could be more important than that? Message two, a whole new universe has been discovered. Initial probes show it is teeming with intelligent life but that it has vastly different rules of logic and thought and abounds with the forces of magic. These two messages refer to our topic tonight - sleep.

We spend a third of our lives in it and barely have begun to understand it. Recent indications are that our brains may be twice as active in sleep as in wakefulness. Part of expanding your human potential is to understand and control the energy and unique forms of consciousness of the sleep state.

We know at TMI that sleep and unconsciousness are different - you can be as conscious as you are now (maybe more so without bodily and outside sensory distractions) and be asleep.

Tonight we will begin with basic help in getting to sleep, then move into using sleep for fast recharging of energy, then use sleep for problem solving and answer finding, and finally for programming dreams.

Consider having general discussion of nature of sleep: night crew, phasing, lucid dreaming, OBE etc., depending on time.

Optional: Give them Sleep Help Workbook as further aide for sleep understanding and sleep difficulty resolution.

Present Functions and Commands explaining Wake Know and Sweet Dreams carefully with examples. Large group debrief.

8:45 PM: # 109 SLEEP TAPE: [**Sleep** *Plus Sleep*, **Sleep Easy** *Plus Quiet Sleep*, **Wake-Know** *Plus Help Sleep*, **Sweet Dreams** *Plus Dream (...Insert Content...)Sleep*, **Recharge** *Plus Recharge*].

9:30 PM: DEBRIEF:

Generate examples of commands' use.

Suggestion: Talk about various ways of dream interpretation including Freudian, Gestalt etc.

Ask them to use functions tonight and take a problem with them to bed, plus specify a dream content they would like (feeling loved, warm night, Paris cafe etc.).

10:15 PM: Tape #122 Sleep Tape:

Cross fade to SP-1 after #122 reaches 20.

End - Tuesday.

WEDNESDAY

Wednesday Morning:

6:30 AM: WAKE UP:
SP-1 cross faded to **Tape # 120 Make Your Day.**

7:30 AM: PHYSICAL EXERCISE.

8:00 AM: BREAKFAST.

9:00 AM: MORNING SESSION:
In Conference Room, Debrief night.

Set up #112 Inner Information Retrieval. Suggestions: Talk about inner guidance, ISH, library etc.

Let them know that they will now learn how to go to access channel and be able to access any information that they desire.

Present Function and Command.

Set up for debrief in two groups of approximately twelve.

9:30 AM: #112 INNER INFORMATION RETRIEVAL TAPE: [*Plus Retrieve*].

10:15 AM: DEBRIEF:
Ask them to close eyes, use *Plus Relax, Plus Retrieve*, and ask themselves the following questions:

"What is the most important thing for me to be learning now in my life?"
"Why is that important?
"Why do I need to learn that?"
"What's so important about that?"
"What can I do to enhance my learning of this?

Use *Plus Change* to set any new patterns. Come back to C1 and discuss process.

Then set up Free Flow Information tape briefly. Suggest that they may want to have a purpose on this tape, either general (e.g. to more fully understand who I am) or specific (what should I do about "X").

Large group debrief.

11:00 AM: FREE FLOW INFORMATION TAPE.

Wednesday

11:45 AM: DEBRIEF:
Have participants share their experiences.

Announce tape sales at 1:00 PM today.

Have participants use *Plus Relax, Plus Retrieve* and find out what car will be parked out front during tapes sales this afternoon. Have them jot down any impressions. Then discuss. Seek to find partial hits, e.g. model of car, color, type, dirty or clean etc..

12:30 PM: LUNCH.

1:30 PM: NAP TAPE.

4:30 PM: AFTERNOON SESSION:
Debrief afternoon break.

Set up Energy Acquisition and Control by letting them know that they will now learn how to go to their access channel and go behind the thoughts, images and information, to the energy that produces such thought, to go to "all that is". They will then learn how to access and direct such energy for their own purposes - to truly become creative.

Suggestion: To have participants get more in touch with energy, introduce "enhanced tuning breaths". Three tunings, each starts with lowest notes and ascends to highest smoothly and continuously with suggestion to take vibration even higher in their mind.

Let them know debrief will be in two groups of twelve.

5:00 PM: #115 ENERGY ACQUISITION AND CONTROL TAPE [*Plus Activate*].

5:45 PM: DEBRIEF:
Pick lottery number: Tell group the lottery number, and that TMI will be buying a ticket with this number for tonight's drawing, winnings to be shared equally with all participants and leaders and TMI. Have group go into *Plus Activate* and all send energy to the same ticket.

6:30 PM: DINNER.

Wednesday

7:30 PM: EVENING SESSION:
DF Hall: Take stock of how people are doing and feeling. Pair up and have one partner in each pair request specific healing. That person use all commands they feel helpful such as *Plus Relax, Plus Let Go, Plus Off Load*. Have healer use whatever commands such as *Plus Focus, Plus Open, Plus Activate* to send healing to partner's Total Self. Then Switch roles.

Set up Free Flow Energy briefly.

8:00 PM: # 116 FREE FLOW ENERGY TAPE.

8:45 PM: DEBRIEF:
In DFH, Talk about experience. Then have florescent ring light bulb experiment to see if we can use energy to light bulb. Caution them as to fragility of bulbs.

Then allow break for rest of evening until bed tape. Remind them of Psychic Defender.

10:30 PM: Tape #122 SLEEP TAPE:
Cross fade to SP-1 after #122 reaches 20.

Notes:

End - Wednesday.

THURSDAY

Thursday Morning:

6:30 AM: WAKE UP:
SP-1 cross faded to **Tape # 120 Make Your Day.**

7:30 AM: PHYSICAL EXERCISE.

8:00 AM: BREAKFAST.

9:00 AM: MORNING SESSION:
In Conference Room, Debrief night.

Set up #116 Free Flow Information Tape simply, by asking them to have a purpose or question.

Large group debrief.

9:30 AM: #114 FREE FLOW INFORMATION TAPE.

10:15 AM: DEBRIEF:
Ask about their experiences.

Set up Free Flow Energy as a good time to explore and play.

Set up groups of twelve debrief.

11:00 AM: #116 FREE FLOW ENERGY TAPE.

11:45 AM: DEBRIEF:
Ask them about their experiences.

12:30 PM: LUNCH.

1:30 PM: NAP TAPE.

4:30 PM: AFTERNOON SESSION:
Debrief afternoon break.

Set up Free Flow Information, again suggesting a purpose.
Large group debrief.

Thursday

5:00 PM: #114 FREE FLOW INFORMATION TAPE.

5:45 PM: DEBRIEF:
Debrief quickly. Give them evaluations to fill out and hand in by dinner. Ask them to bring address list to DFH tonight.

Option: Go DF Hall to use Psychic Defender, using either Info Access or Energy to try for high scores. Prize vacation for two? Suggest they use same energy as for healing.

6:30 PM: DINNER.

7:30 PM: EVENING SESSION:
DF Hall: Debrief whole workshop:
*Announce lottery results, and Psychic Defender winner.
*Check to see all evaluations are handed in.
*Handout take-home tapes.
*Check address list.
*Give departure information.
*Check peoples' status as to grounding.
*Check plans for implementation of skills learned and identify support persons at home.

Optional: Have RAM begin dance at DFH with video.

Then break for Party!

11:00 PM: SP-1

Note: Friday AM Cross fade SP-1 to Music. at 7:00 AM.
Make sure people are up for early flights.
8:00 AM Breakfast.

Note: Trainer's Final routine:
*Clean up.
*Store materials.
*Make sure all participants are in good shape to go home.
*Log any critical incidents and comments in log book.
Congratulate yourselves on a good job!

End - Thursday. **END WORKSHOP!**

APPENDIX 1

EXTRA FUNCTION TESTS FOR LS 2000

Calculate (Buy the Numbers) - Have each person silently subtract 7 from one hundred and continue subtracting 7's till they get to 0. Stop them after one minute. Then have them use *Plus Calculate* and subtract 9 from one hundred till 0. Stop them after one minute. Have them compare how each felt in terms of accuracy and time.

Contemplation, Life Changes (Mobius West) - Have them think of how they would like to be one year from now. Use *Plus Open* to deepen perceptions, Use *Plus Change* to program desired outcome. Discuss

Energy Acquisition - Use car battery and charge meter to see if we can drain or fill battery, using *Plus Activate*.

Information acquisition - Setup up by further discussion of info access, perhaps past-life wisdom, techniques for seeing the future.
Use Plus Retrieve and ask self answers to three questions, written down beforehand. Then pair up with new partner and ask partner answers to the same 3 questions. Partner to use *Plus Retrieve* and get answers and share answers with asker. Switch roles. Discuss.

Sensory Tape - Put on music. Stand holding hands in circle. Have them use each command in turn to turn up and down each sense. Seeing, Hearing, Smelling, Tasting, Touching.

Sensory Tape - Easter Egg Hunt using sensory commands.

Synchronize - have group get in circle and count off by two's starting at a random place with the word "now" and leader pointing to an individual. If last "one" put up right hand, the next "one" puts up left, same for two's etc. Do as fast as possible. Then try again using *Plus Synchronize*. Compare and discuss.
5 minutes + 2 discuss

Speak Up - In pairs, use *Plus Speak Up* to discuss what you are hoping to get out of this week. Think back to best gift ever received, using Recall to fill in details of that day.

APPENDIX 2

HAND ORDER IN POKER

Lowest to highest:
Card Order (Lowest = Ace or Two. Highest = Ace).

Then:
One Pair (e.g. Two Jacks)

Two Pair (e.g. Two Jacks and two Queens)

Three of a Kind (e.g. Three Jacks)

Straight (= Five cards all in order, e.g 4,5,6,7,8,9)

Flush (= Five cards all of the same suit, e.g. five hearts)

Full House (three of a kind + one pair, e.g. Three Jacks, Two Queens)

Four of a Kind (e.g. four Jacks)

Straight Flush (Five cards all of the same suit and in order, e.g. 4,5,6,7,8,9 all hearts)

Royal Flush (Ace, King, Queen, Jack and Ten, all of the same suit)

RULES FOR TMI CRAPS

One person is designated the first "shooter", they are the person who rolls the dice.
Everyone else can bet on the shooter's performance.

Anyone can bet Pass = Win, or Don't Pass = Lose.
If first role is a seven, then Win.
If first role is Two, Eleven or Twelve then everyone loses including any Don't Pass bets.
If first role is anything else, then number rolled becomes the "point" and same shooter rolls again.

Now if he roles the "point" before he roles a seven, the person wins.
If he roles a seven before he rolls the point, the person loses.
The shooter can also bet against him/herself, betting that he/she will lose.
Once the shooter loses, the dice are rolled by the next shooter.

1/6/93
Dear Dar,

I am thrilled to hear you will be helping coordinate LS2000. To help bring you up to speed, enclosed is a copy of the latest LS2000 manual. It incorporates Dave Mulvey's comments on the original manual and some of the proposed changes in function names and commands. We can revise this manual after the next LS program, if the decision is to leave the tapes un-modified. RAM's latest indication to me, just before Christmas, was that he wanted to listen to the LS tapes himself to decide on the necessity of tape revision. This, of course is fine with me and I will change this manual for free, to suit whatever is decided.

However, it was the unanimous and strong recommendation of all four original LS trainers that the tapes need revision (also enclosed are my comment's requested by RAM on LS 2000 which include details on this and the rest of the workshop, dated 11/18/92). Participant feedback also seemed to note that the current irregularities in command and function names was quite problematic.

Ram, Dave Mulvey and I discussed that existing H+ stock need not be effected at this time. The changes can be presented to LS participants as an indication that LS is state of the art, and more advanced than the H+ series. Later, a decision can be made as to the utility of revamping H+ stock, if LS indeed becomes the foundation of a "cradle to grave" Monroe series.

Please get copies of this letter and this revised manual to RAM and to Ron. My idea also was to keep this manual as condensed as possible so that three copies can be copied for the leaders of the next LS workshop. This way each leader can use the manual, attached to their clip boards to actually track the workshop as it progresses, versus having to go to the control room and memorize what's next from one central manual. If this idea suits you, please have three additional copies made for the leaders of the late January LS program.

Looking forward to seeing you soon. Please feel free to call with questions or comments.

Sincerely yours,

Joe Gallenberger

L I F E S P A N

S E L F - E M P O W E R I N G A U D I O M O D U L E S

(SEAM)

Interstate Industries is pleased to announce a major breakthrough in sound that may change widely how learning is achieved simply by listening. It is called LIFE SPAN SEAM.

For the very first time, an individual at home or at work can adjust an audio learning program to suit a particular need or preference without stopping to change cumbersome cassettes or other recordings. Utilizing the HEMI-SYNC technology developed and used successfully world-wide by the Monroe Institute, LIFE SPAN SEAM takes unique advantage of the programming capability of a compact disc audio player to adjust and edit a recorded training exercise into exactly the desired sequence or need.

The best illustration is the LIFE SPAN TIMEOUT Sleep Learning Program soon to be available on Compact Disc(CD).

LIFE SPAN TIMEOUT

Digitally recorded in separate tracks on a single CD, using highly specialized SEAM techniques, are the following Tracks:

1. Standard sleep induction.
2. Intense sleep induction.
3. Alternate sleep induction.

3A.Stage 3 and 4 sleep for Alt 3

4. Stage 3 and 4 Sleep(Theta/Delta)

5. Dreaming sleep(REM)

6. Pleasant dreaming

7. Body-mind health reinforcement

8. Short wake up

9. Standard wake up

10. Non-verbal induction

11. Problem solving during sleep

If the user needs:

	Program Track Sequence
* - a short nap.	Track 1, 4, and 8.
* - a longer nap.	Track 1,4,4, and 8.
* - a simple night's sleep.	Track 1, 4,4 ,4.
* - Sleep with dreaming	Track 1. 4,5(or 6),4,4
* - Sleep with regeneration,	Track 1,4,7,4, 4,4
* - Repeating 90 min sleep cycle	Track 10,4,7,4, 5(or 6)

Other tracking sequences and combinations can be developed by the user according to the patterns found most valuable. In more difficult sleep problems, Track 2 can be used to get to sleep and Track 9 to wake up.

Thus TIMEOUT SEAM offers the user or the professional a self-selecting system of sleep control not available through any other known method. It has the potential to change radically the meaning and application of sleep as it is perceived within

contemporary cultural context.

Now, through TIMEOUT SEAM, a user can affect profoundly the process of sleep in many ways, including:

- Overcome inabilities in getting to sleep
- Lengthen or shorten various stages of the sleep cycle as desired or needed.
- Take naps for selected time duration.
- Control dreaming sleep.
- Reinforce recuperative action during sleep.
- Resolve questions and develop solutions to personal situations while in the sleep mode.

LIFE SPAN SEAM, including TIMEOUT, is the latest original product of over thirty years of research by the Monroe Institute in the application of sound for the development of human consciousness. Other new SEAM presentations of Hemi-Sync technology will be available in mid-1993.